

Welcome!

I'm Congressman John B. Larson and I represent the First Congressional District of Connecticut. Thank you for visiting my site - I hope that you find public service and government as worthwhile as I do.

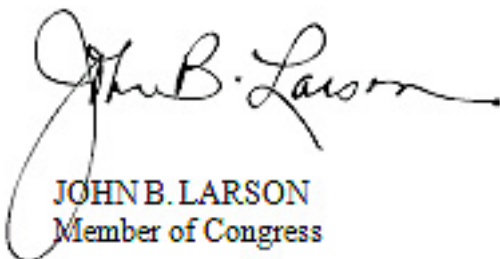
There are all sorts of things to learn about our government, from how a bill becomes law to what it's really like to be a Member of Congress.

Every day, Members of Congress are working to make sure your neighborhoods are safe, your schools have the best teachers and supplies, and that we are treating our environment with the care and respect it deserves.

I am proud to have created the first Congressional Youth Cabinet in the country, allowing the voice of youth the opportunity to make real change within your community and your country.

Have a look around - public service is more fun than you might imagine!

Stay informed and Take Action!



JOHN B. LARSON
Member of Congress

Congressman Larson: Quick Facts

- Lifelong resident of East Hartford.
- Currently lives in East Hartford with his wife Leslie and three children
- Graduated from Central Connecticut State University in 1971.
- Before entering Congress, worked as a high school history teacher and athletic coach at East Hartford High School.
- Served as Connecticut State Senator, and as a member of the East Hartford Board of Education and Town Council.

Learn About Your Government



Ben's Guide to US Government helps kids K-12 learn how government works. Learn about branches of government, election processes, and how laws are made.



The Clerk of the House of Representatives has a great site about Congress' lower chamber just for kids. Check out Kids in the House and learn all about Congress and lawmaking.



At **WhitehouseKids.gov**, learn all about the Presidents of the United States and the White

House.

What's going on in the world today?

The Washington Post

Stay up-to-date with the Washington Post's KidPost page, featuring games, videos, and Washington D.C. history.



The PBS Kids Democracy Project takes visitors inside the everyday goings-on of the Federal Government, encouraging kids to participate and take an active role in our democracy.



The EPA Explorer's Club, the Environmental Protection Agency's site just for kids, offers lots of fun and interesting things to read and do to learn about the environment.



EPA Climate Change for Kids has tons of information on climate change, weather, the greenhouse effect, and games as well as interesting links.



The Energy Information Administration Kid's Page features various sections on energy, where it comes from, and how we use it. You will learn about renewable energy, green technology, and the energy future of our planet.

How do I get involved?

There are lots of ways that you can get involved in the life of your federal government. By keeping yourself informed about current events and how they affect federal, state and local governments or even your community, by taking action to communicate your ideas, you can be a better citizen and help keep America's democracy strong and vibrant.

I believe it's important to stay informed and take action; here are some ideas to help you get started:

Stay Informed!

- **Read a newspaper.** The world is a big place. Reading the paper regularly will help you stay on top of what's happening in the world.

- **Learn about your government.** There are excellent online resources on some of the other pages on this site - visit the [Learn about the House of Representatives](#) page to find out more about Congress or the some of the other links on this site to learn about other parts of government and issues that affect you every day.

- **Talk to your parents, your teachers, and your friends** about the topics that interest you. You will always have a richer learning experience if you discuss what you're learning with others. That way, you get to hear what they think - and you might learn something new from them.

Take Action!

- **Write to Congressman Larson.** Got a question about Congressman Larson's work in a particular area? Want to express your opinion on an issue you care about? Be a part of representative democracy and [write to Congressman Larson](#).

- **Serve an internship.** Interested in a career in public service? Apply for an [internship](#) in Congressman Larson's Connecticut and Washington offices.